

## **ALBANY - HELDERBERG BIKE RIDE - Sanction #118501, Rated 1A**

Albany South End Multi-Use Trail and Albany-Helderberg Bike Trail  
Corning Preserve Playground  
Quay Street  
Albany, NY, 12207

The bike ride will start and finish at the **Corning Preserve Parking Lot**. The ride originates from the parking lot and heads south along the Mohawk Hudson bike trail which turns into the Albany South End Multi-Use bike trail at the USS Slater and then becomes the Albany-Helderberg bike trail at Mile 2 for a 23.2 mile (37.3 km) round trip ride. The turnaround point of the ride is at the end of the Albany-Helderberg trail at the Voorheesville Train Pavilion. Allow about 3 hours for the ride depending on stops you make.

This ride is flat for the first 2 miles and then takes on a steady railroad grade climb for a mile or so and then assumes a more gentle climb to the end. But, it is all downhill on the way back. There are also restrooms just south of the Start Point but they are seasonal. Helmets are required.

Plan to bring a picnic lunch to enjoy at the Train Pavilion at the far end of the ride.

### **Features along the trail:**

The bike ride is completely on a wide paved path. Your Start Point at Corning Preserve is a beautiful park along the Hudson River. You will be starting on the Mohawk-Hudson bike trail which also heads north to Waterford and then all the way to Buffalo! But today, you are going south and in about a mile will come to the USS Slater, which you may like to tour later. Once you cross Quay Street (at the Slater), you will continue south along the new Albany Multi-Use trail for about another mile. At this point, you will start on the Albany-Helderberg trail which heads west through Elsmere, Delmar, Slingerlands, New Scotland, and ends at the new Albany County Rail Trail Pavilion at 8 Grove Street, Voorheesville. This is a lovely spot to take a break and enjoy your lunch or snack. Return to the Start Point along the same path by reversing your directions.

### **Directions:**

It can be confusing driving through Albany to the Corning Preserve Playground and suggest using a GPS for guidance. GPS Coordinates are 42.65319 and -73.74452. From driving north on the NYS Thruway, take Exit 23 to North I-787. Take Exit 4 onto Quay Street. Turn right off Quay Street into Corning Preserve Playground to the parking lot. From the I-87 (Northway) traveling south, take Exit 6W to Route 7 East, south on I-787 to Albany, Exit 3B for Madison Avenue, left onto Broadway, left onto Quay Street (see above to continue to Preserve).

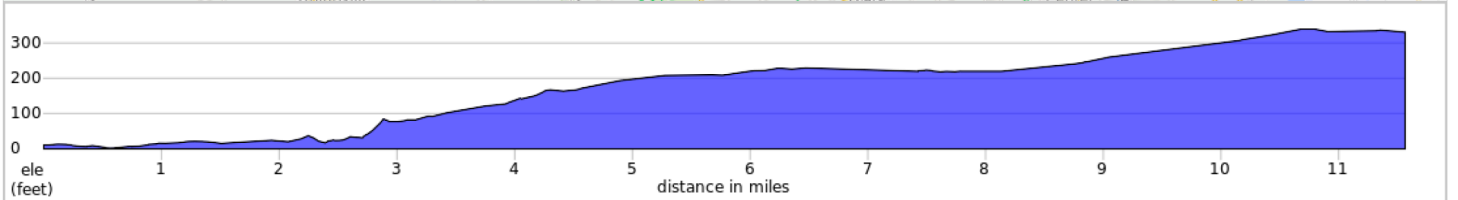
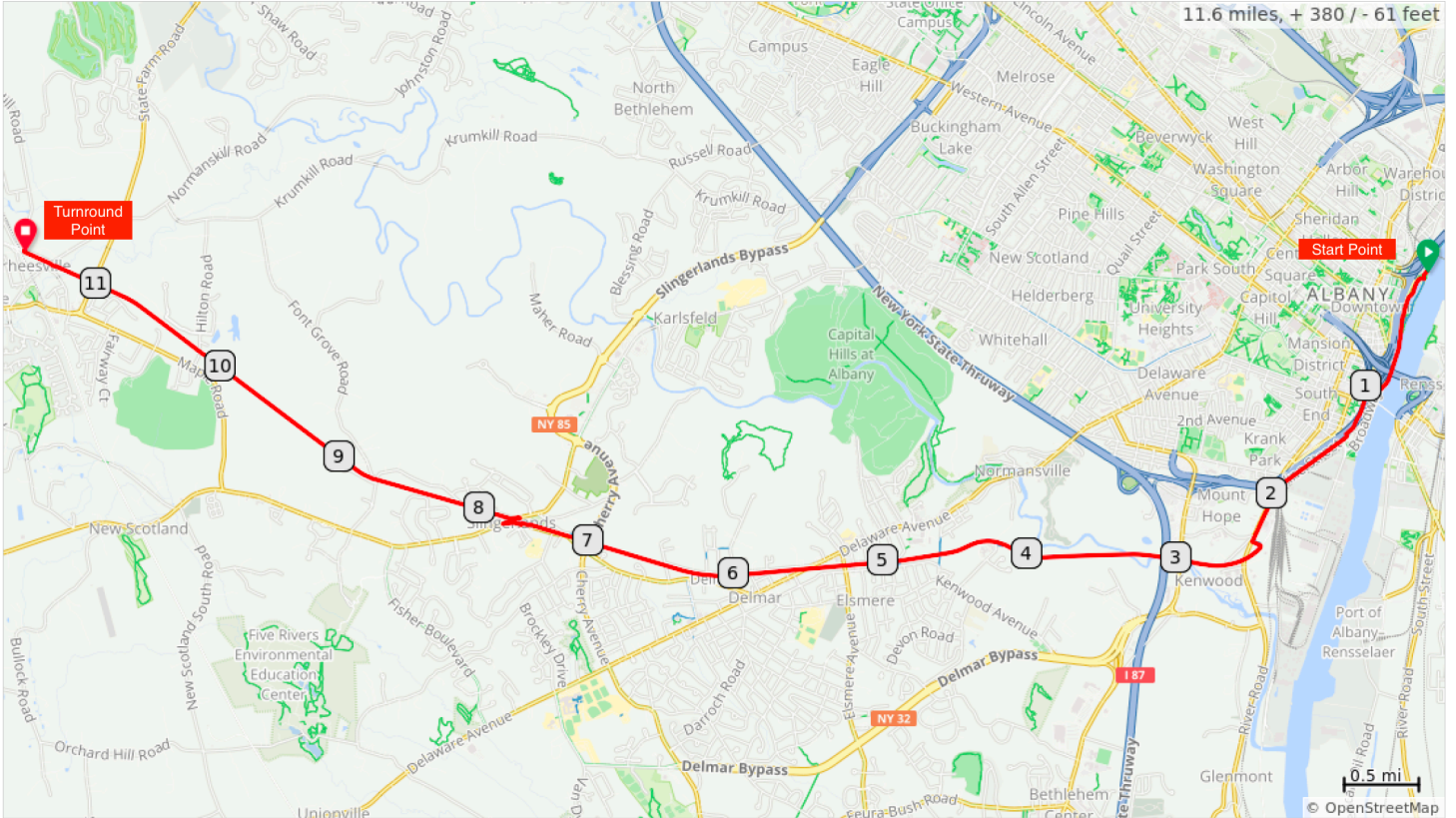
**AFTER YOUR RIDE**, please be sure to log back into the OSB system to “finish/complete” your online registration. The OSB system does not deduct any fee from your Event Bank until **you** have submitted walk completion info including the date the event was completed, the distance biked, and the selection of applicable special programs you’re participating in. (Nevertheless, a fee of \$2 for a downloaded PDF is deducted from your Event Bank when the PDF is downloaded. Later, any PDF fee is credited back to your Event Bank when you submit the completion info as a paying-for-credit biker. Note, however, the \$2 coupon for the downloaded PDF will expire in 60 days).

The following maps and directions may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited. For immediate emergency assistance, call 911. POC: Harry Darling, cell: 518-275-6220, email: helderbergbike@walkescv.org.

# Albany-Helderberg Bike Ride



11.6 miles, + 380 / - 61 feet



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## Albany-Helderberg Bike Ride

Num	Dist	Type	Note	Next
1.	0.0	📍	Start of route	0.1
2.	0.1	➡	Head south on the bike trail	0.7
3.	0.7	⬆	Continue under the Dunn Memorial Bridge	0.1
4.	0.9	➡	Cross the USS Slater driveway and turn R crossing Quay St. to continue on trail	0.0
5.	0.9	⬅	Continue on trail to south under the bridge	0.3
6.	1.2	⬆	Continue on Albany South End Multi-use Trail	1.1

1.2 miles. +21/-12 feet

Num	Dist	Type	Note	Next
12.	8.1	⬆	Continue onto Albany County Helderberg Hudson Rail Trail	3.4
13.	11.6	ℹ	End of trail. Park and picnic tables on R. Return on bike path to Corning Preserve.	0.0

5.9 miles. +123/-12 feet

Num	Dist	Type	Note	Next
7.	2.3	⬅	L onto Albany County Helderberg Hudson Rail Trail	0.1
8.	2.5	⬆	Continue on trail to end point.	0.3
9.	2.7	⬆	Start a long gradual RR climb.	0.2
10.	2.9	⬆	Stop and enjoy the gorge, bridge, and waterfalls.	2.8
11.	5.7	🏪	Stewarts Shop on L (south side) - Ice cream and Restrooms	2.5

4.4 miles. +190/-1 feet

